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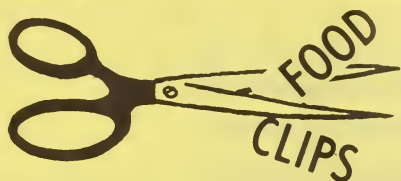
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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"Keeping" time for high quality whole fresh fruit usually means it should not be stored in the refrigerator too long--not more than 1 week for ripe eating apples...3 to 5 days for apricots, 1 or 2 days for blackberries and only 3 to 5 days for blueberries. That's for "high quality".

* * *

Avocados, mangos, and papayas should be held at room temperature to ripen, but when avocados are ripe they should be refrigerated promptly. Fully ripe mangos and papayas should be held at about 60 F and used as soon as possible.

* * *

Yes, you can put bananas in the refrigerator. The skin will darken but the flesh will remain flavorful and firm up to 5 days...usually.

* * *

Pineapples should be used promptly after purchase. They do hold for a day or two in the refrigerator -- but for best quality, use as soon as possible.

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Keep in mind:baked, broiled, and panfried fresh fruit make excellent desserts.

STORAGE RESEARCH

——On Dried Fruit

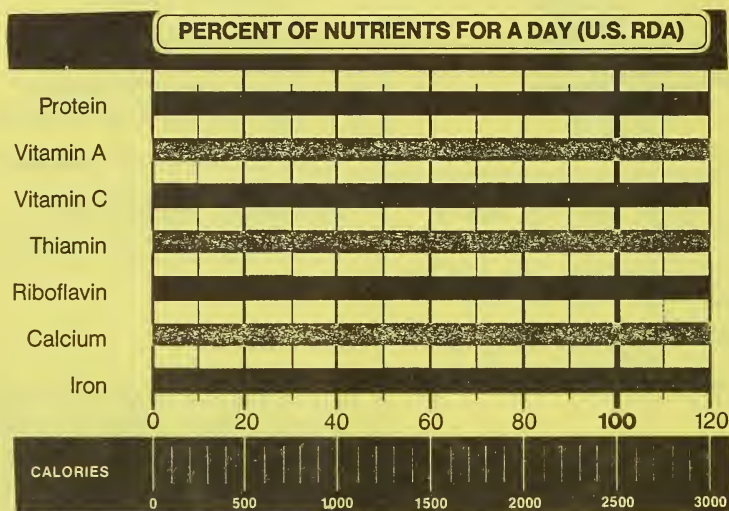
Safe storage for dried fruits? It has always been a problem to keep dried fruits from invasion of damaging moths and beetles--but, USDA's Agricultural Research Service has developed a new and safe storage bag that is insecticide treated.

The new bag includes two insecticides in the adhesive layers of the bags made from waterproof cellophane laminated with adhesive to polyethylene to prevent insects from penetrating the package walls. The bags have been tested -- in special test rooms -- inhabited with nearly 70,000 insects.

The bags completely protected prunes for at least six months without the fruit absorbing harmful amounts of residues from insecticides. Annual loss of \$230,000 from insect-riddled prunes is only a part of the problem of dried fruit storage which could be eliminated.

NUTRIMETER CHART

Basically, the Nutrimeter consist of punch-out arrows which may be inserted into a slotted card (see below). The arrows are moved to the right -- the distance that represents the percentage of US/RDA provided by the foods you eat each day. If you reach a 100% -- your diet has as much of the 7 nutrients as most persons need.



Prepared by the Consumer and
Food Economics Institute --
Agricultural Research Service
U.S. Department of Agriculture.

Percent of U.S. RDA for You

Years of age	Woman*		Man	
	4-6	7-10	11-18	19-50 51+ 19+
PROTEIN	50	55	85	75 75 90
VITAMIN A	50	70	100	80 80 100
VITAMIN C	70	70	75	75 75 75
THIAMIN	60	80	100	75 70 100
RIBOFLAVIN	65	75	110	85 85 110
CALCIUM	80	80	120	80 80 80
IRON	80	60	100	100 60 60

*Allowances for pregnant and nursing women are higher.

NUTRITION LABELING

——And The "Nutrimer"™

The foods you select to eat may be the clue to the state of your health. Do you know which foods provide the energy and nutrients you require? Most people need to know how to use nutritional information on food labels and to have an understanding of what combinations of foods provide the energy and nutrients they need, according to Betty Peterkin of the Consumer and Food Economics Institute, Agricultural Research Service, USDA.

Primarily directed toward students of nutrition -- but available to anyone who desires to figure out the myriad of ways to better health--is a new USDA booklet called "Nutrition Labeling--tools for its use". It contains information on food labels and how to check what is important to a good diet. Included also is a table showing amounts of food energy (calories) protein, vitamins, and minerals are supplied by 900 foods -- even fresh fruits and vegetables, which, of course, are not labeled.

The "nutrimer" is a new counting device specially designed for improving the nutrient content of the diet (and understanding it!). By using the nutrimer you can keep track of a day's calorie count and the US/RDA percentages.

The basic idea points up the necessity of eating a variety of foods, foods from each of the four groups; Milk and milk products; vegetables and fruit; meat and meat alternates; and whole grain enriched bread and cereals.

The chart from the Nutrimer (opposite) shows how to figure the percent of nutrients for a day on the "nutrimer" which may be used as a working guide in changing your diet pattern. Available from the Government Printing Office, Washington, D.C. 20402, for \$1.15 is the "Nutrition Labeling" Bulletin No. 382 and the "Nutrimer" which is 70¢.

NEW PUBLICATION -- On Sewing

It's no more difficult to sew menswear than it is to sew for women or children if you understand the special finishing details, according to the latest home sewing publication offered by the Extension Service, USDA. Sewing menswear need not be limited to those with prior sewing experience.

The current interest in the home sewing field has led to a strong demand for fabrics that are available to manufacturers -- and for some of the techniques used for the well-tailored look. That's why this booklet was researched so the average home-sewer might not be limited in sewing experiences.

Details on using a waistband stiffener with facing is explained as one of the specific differences between sewing menswear vs. womenswear. The lap of the waistband, the booklet points out, is determined by style of the pants (dressy or casual) and whether or not the pants have belt loops.

The information is on up-to-date styling for special construction techniques useful for the home sewer -- even the novice. "Sewing Menswear-Pants" is PA 1115-available for 70 cents - from the U.S. Government Printing Office Washington, D.C., 20402.

The best gasoline mileage is when your car is in the garage. Instead of being a Sunday driver...take a bicycle ride. You'll not only save gas plus wear and tear on your car, but it will help your physical fitness too. You'll probably enjoy riding a bike more than fighting traffic anyway. Many areas now have bike-ways reserved just for bikeriders. If your community doesn't...why not start one? Remember, the power you spare -will help clean the air. So join Woodsy Owl and "Give A Hoot - Don't Pollute." Please.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898
